



## Simple Vegetarian Meals with Savory Tooth

Vegetable Chow Mein Noodles

Mediterranean Salad

Savory Galette with Pesto and Heirloom Tomatoes

Guacamole Burrito with Balsamic Roasted Tomatoes and Black Beans

Blackened Portobello Mushroom Pita Pockets

### Produce

- shredded cabbage (4 C)
- sliced carrots (1 C)
- zucchini (1 C)
- red bell pepper (1)
- baby spinach (2 C) (1 C)
- roma tomatoes (3)
- garlic cloves (4) (5) (2)
- mini heirloom tomatoes (8 oz)
- avocados (3)
- grape tomatoes (20)
- portobello mushroom caps (2, 3-4 inch)

### Herbs

- basil leaves (1 C)
- parsley (garnish)

### Spices

- blackening seasoning (2 t)

### Dairy

- asiago cheese (2 oz)
- parmesan (1/2 C)
- egg (1)
- shredded cheese (1/2 C)

### Pasta & Grains

- chow mein or spaghetti noodles (8 oz)
- orzo pasta (8 oz)

### Bread & Tortillas

- tortillas (2, 10 inch)
- pita rounds (1-2)

### Nuts

- roasted sunflower seeds (1/4 C)

### Pantry Items

- soy sauce (3 T)
- oyster sauce (2 T)
- vegetable oil (2 T)
- kalamata olives (1/2 C)
- balsamic vinegar (3 T) (1 T)
- olive oil (1 T) (1 T) (2 T)
- pie crust dough (1, or flour, parmesan, unsalted butter, cold water and salt)
- pesto sauce (7 oz)
- black beans (1/2 C)
- siracha (drizzle)